



StayWell@Work

Monthly Strides

Taking strides to better your health

February Issue Includes

- **National Donor Day (February 14)**
- **American Heart Month and National Wear Red Day (February 5)**
- **Burn Awareness Week (February 7-13)**

National Donor Day

More than 39,000 units of blood are needed each day. That means every two seconds, someone in America needs blood! On top of that there are currently 95,000 people waiting for an organ transplant. This need is already huge and continues to grow. The good news is that just about anyone can donate. Do your part today and become a donor. They are currently in need of donors of:

- organs
- blood and platelets
- tissue
- stem cells

Visit StayWell Online at

<https://delaware.online.staywell.com> and type "organ donation" in the search box to learn more.

Sources: National Heart, Lung and Blood Institute; US Department of Health and Human Services www.nhlbi.nih.gov
National Cancer Institute www.cancer.gov
www.organdonor.gov

American Heart Month and National Wear Red Day

Heart disease is responsible for the death of one out of every four American women. This means more women die from heart disease than cancer! Your risk of heart disease increases with age, so it's important to start making healthy lifestyle changes now. Some risk factors are uncontrollable (e.g., age, family history), others can be controlled including: smoking, excess weight, high blood pressure and cholesterol, diabetes and inactivity. If you are a smoker, the best thing you can do for your overall health, not to mention your risk of heart disease, is to quit. When combined, proper nutrition and physical activity can help you lose weight, improve your overall sense of well-being and lower blood pressure and cholesterol. Start reducing your risk today and look forward to a happier, healthier tomorrow!

Visit StayWell Online at

<https://delaware.online.staywell.com> and click on "Heart Health" under "Health Centers" to learn more about building a healthy heart.

Burn Awareness Week

A burn occurs when the body's tissue becomes damaged usually from chemicals, heat, electricity, sun or radiation. There are three types of burns. First-degree burns happen when only the outer layer of skin is damaged. Second-degree burns damage the outer layer and the layer directly underneath. Third-degree burns damage the deepest layers of skin. Knowing how to protect yourself from burns and how to properly care for them is important. Use this week to refresh your memory on how to care for and prevent burns.

Visit StayWell Online at <https://delaware.online.staywell.com> and type "burns" in the search box.

